



## Senior Lunch Site – April 2009

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Vegetable Soup/ Crackers <b>Deli-Style Pastrami &amp; Swiss Cheese on Wheat Bread/ Mustard</b> Macaroni Salad Fruit Salad	<b>Chicken Alfredo w/ Fettuccini Noodles &amp; Sauce</b> California Blend Vegetables Dark Grain Roll Apricots	Roasted Corn Chowder/Crackers <b>Omelet w/ Salsa</b> Rosemary Redskin Potatoes Biscuit w/ Gravy Fresh Fruit
6	7 ☆	8 ☆	9 ☆	10
<b>Chicken Marsala</b> Cut Green Beans Orzo w/ Vegetables Soft Italian Breadsticks Mandarin Oranges	Navy Bean Soup/ Crackers <b>BBQ Meatball Sandwich on French Roll</b> Coleslaw Cookie	<b>Beef Fajitas w/ Vegetables &amp; Sour Cream</b> Spanish Rice Pinto Beans Flour Tortilla Fresh Fruit	<b>Farmers Soup/ Crackers</b> <b>NEW! Holly Farm Chicken</b> Baby Baker's Potatoes Wheat Roll Vanilla Pudding	<b>Vegetable Lasagna</b> Green Salad w/ Honey-Sesame Dressing Sourdough Roll Sliced Pears
13 ☆	14	15 ☆	16	17 ☆
<b>Turkey Pot Roast w/ Gravy</b> Rosemary Redskin Potatoes Peas & Carrots Wheat Roll Assorted Cookie	<b>Beef w/ Mushrooms</b> Egg Noodles Chef Cut Vegetables Wheat Roll Seasonal Fresh Fruit	Egg Drop Soup/ Crackers <b>Kung Pao Chicken</b> Steamed Rice Asian Blend Veg. Butterscotch Pudding	<b>Salisbury Steak w/ Burgundy Sauce</b> Mashed Potatoes Romaine Salad w/ Ranch Dressing 7 Grain Roll *Jello	<b>NEW! Cream of Celery Soup/ Crackers</b> <b>BBQ Pulled Pork Sandwich on Wheat Roll</b> Coleslaw Canned Fruit
20	21 ☆	22	23 ☆	24
<b>Meatball Stroganoff on Egg Noodles</b> Mixed Vegetables Wheat Roll Seasonal Fresh Fruit	<b>Pork Loin w/ Herb Gravy</b> Yams w/ Marshmallows Green Peas Whole Wheat Roll Fruit Turnover	Minestrone Soup/ Crackers <b>Roast Turkey w/ Gravy</b> Stuffing Broccoli Cuts Tapioca Pudding	<b>Birthday Party Stuffed Pepper</b> Mashed Potatoes Green Salad w/ 1000. Island Dressing Multi-Grain Roll Cinnamon Butter <i>Birthday Cake</i>	Potato Soup/ Crackers <b>Chicken Caesar Salad w/ Dressing &amp; Croutons</b> Wheat Dinner Roll Fruit Mix
27	28	29	30	
<b>Chicken Chow Mein on White Rice</b> Oriental Vegetables Chow Mein Noodles Mandarin Oranges	<b>Beef Pot Roast w/ Gravy</b> Mashed Potatoes Green Beans Wheat Roll Fresh Fruit	Cream of Spinach Soup/Crackers <b>Fish w/ Lemon Butter Sauce</b> Au Gratin Potatoes Chef Cut Blend Veg. Sliced Peaches	<b>Chicken &amp; Pork Sausage Jambalaya over Rice</b> 4 Way Salad w/ Ranch Dressing Fruit Salad	<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 - \$3.50</b>

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All \* desserts are *Sugar-Free*. 1% milk served daily. ☆ Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls

